The invention claimed is:

1. A female condom comprising:

a pouch having a closed end and an open end, said pouch being constructed to reside in a contracted configuration when said condom is deployed in a vagina, said pouch further being able to resiliently extend longitudinally from said contracted configuration to an elongated configuration when a penis is inserted into said condom, and said pouch including a longitudinal biasing means for returning said pouch to said contracted configuration following removal of the penis.

- 2. The condom of claim 1 wherein said contracted configuration is less than three inches and said elongated configuration is more than five inches.
- 3. The condom of claim 1 further including a frame connected to said open end of said pouch, said frame being generally triangular in shape.
- 4. The condom of claim 1 further including a retaining means located near said closed end of said pouch for retaining the condom in a vagina.
- 5. The condom of claim 4 wherein said retaining means is a sponge retained within a sponge cavity.

- 6. The condom of claim 1 wherein said pouch includes a plurality of convolutions along the length thereof.
- 7. The condom of claim 1 wherein said pouch includes at least one elastic member attached to said pouch for biasing said pouch into said contracted configuration.
- 8. The condom of claim 6 wherein said pouch includes at least one elastic member attached to said pouch for biasing said pouch into said contracted configuration.
- 9. A female condom for deployment in a vagina, said condom comprising: a frame for contacting the female anatomy external to the vagina; a pouch connected to said frame, said pouch having an open end and a closed end; and

means for retaining said pouch within the vagina, wherein said pouch includes a biasing means for retaining said pouch in a longitudinally contracted configuration following deployment of said condom in the vagina, wherein the structure of said biasing allows said pouch to extend longitudinally, and exerts a contractive longitudinal bias for returning said pouch to said longitudinally contracted configuration.

- 10. The condom of claim 9 wherein said pouch includes convolutions along the length thereof.
- 11. The condom of claim 9 wherein said pouch includes at least one elastic member for exerting a longitudinal contractive bias on said pouch.
- 12. The condom of claim 9 wherein said frame is contoured concavely on the side that contacts the female anatomy surrounding the vagina.
- 13. The condom of claim 12 wherein said frame is formed of a resilient material that exerts a spring bias on said pouch.
- 14. The condom of claim 9 wherein said means for retaining said pouch in the vagina is a circular sponge.
- 15. The condom of claim 9 wherein said pouch is an inner pouch and further including an outer pouch, said inner pouch being located within said outer pouch and said outer pouch being formed of a highly elastic material which exerts said contractive longitudinal bias.
- 16. A female condom for providing prophylactic protection to a female during sexual intercourse by deployment in the vagina of the female, said condom comprising:

a pouch having an open end, a closed end and a tubular body extending longitudinally between said open end and said closed end, said tubular body having a wall with an interior and an exterior;

a frame for attachment to said open end, said frame supporting said open end to provide an opening into the interior of said tubular body; and retaining means located near said closed end of said pouch for retaining said closed end in the vagina, wherein said pouch includes means for elastically biasing said pouch into a contracted configuration.

- 17. The condom of claim 16 wherein said retaining means is a sponge positioned within said pouch to be directly contacted by the penis of a male during sexual intercourse, whereby said pouch is elongated by such contact.
- 18. The condom of claim 17 wherein said means for elastically biasing said pouch is at least one elastic member on said pouch which exerts a longitudinal bias for retracting said pouch to a contracted configuration.
- 19. The condom of claim 18 wherein said elastic member is formed integrally with said pouch.
- 20. The condom of claim 18 wherein said pouch is a first pouch and said elastic member is a second highly elastic pouch surrounding said first pouch.

- 21 The condom of claim 16 wherein said frame is contoured in a manner such the a concave portion of said frame contacts the anatomy surround the vagina when the condom is deployed in the vagina.
- 22. A condom for deployment in the vagina of a female, said condom comprising:

a pouch having an open end and a closed end; and
a frame for supporting said open end of said pouch, said frame being
formed in a generally triangular shape, said frame having a generally
concave configuration on the side that contacts the anatomy surrounding the
vagina of the female when the condom is deployed in the vagina of the
female.

- 23. The frame of claim 22 wherein said frame is formed of a resilient material that exerts a spring bias to resiliently urge said frame to said concave configuration.
- 24. The frame of claim 23 wherein said when said pouch is deployed in the vagina, said spring bias of said frame reduces at least a portion of any slack in said pouch.
- 25. A condom for deployment in the vagina of a female, said condom comprising:

a pouch having an open end and a closed end, with a tubular body formed longitudinally therebetween; and

a sponge retained at the closed end of said pouch, said sponge being positioned to contact the head of a penis inserted into said condom during sexual intercourse.

- 26. The condom of claim 25 wherein said sponge includes an insertion opening formed therein for receiving a finger of a user to facilitate insertion of said condom into the vagina.
- 27. The condom of claim 25 wherein said sponge is over one half of an inch thick in the longitudinal direction.
- 28. The condom of claim 27 wherein said sponge is over two inches thick in the longitudinal direction, and said sponge is compressed longitudinally by the penis during insertion of the penis into said pouch.
- 29. The sponge of claim 25 wherein said sponge has a circular body with a pair of opposed notches formed in said circular body for enabling said sponge to be more easily folded during insertion into the vagina.
- 30. The sponge of claim 25 wherein said sponge is comprised of two or more sponges in a stacked configuration.